



SEA HARVEST SEAFOOD LTD.

1-902-209-5077 WWW.SEAHARVESTSEAFOODS.COM



ABOUT ATLANTIC SALMON

SALMO SALAR

Atlantic salmon are cultivated in the cold, clean and pristine waters of Nova Scotia and shipped all over the world. The Atlantic salmon, with its distinctive silver skin, black cross-like spots over parts of the body, and pink succulent flesh, is prized by chefs and foodies alike. Salmon is an oily fish rich in omega-3s, and a good source of Vitamin D, phosphorous and calcium.

NOVA SCOTIA ATLANTIC SALMON. PURE.

Nova Scotia salmon processing facilities are registered to meet international quality assurance standards, ensuring you receive a healthy, safe, and high-quality product.

SUSTAINABILITY

Nova Scotia's cultivated seafood has one of the world's most modern regulatory environments to bring you sustainably grown and naturally delicious fish.

PRODUCT TYPES

Atlantic salmon come packaged in a wide selection of products and sizes, frozen and processed for consistent quality, including:

- Fresh
- Frozen
- Smoked
- Prepared or preserved

NUTRITION FACTS

SERVING SIZE 1/2 FILLET (178G)

CALORIES 367

TOTAL FAT 22G

SATURATED FAT 4G

TRANS FAT

CHOLESTEROL 112G

SODIUM 109MG

TOTAL CARBOHYDRATE 0G

DIETARY FIBER 0G

SUGARS 0G

PROTEIN 39G

REGION OF ORIGIN

